

Germany Bite by Bite: Kale

Germany Bite by Bite today introduces you to a North German staple: Kale! The winter vegetable is a very, very hearty dish, and depending on the region it comes with sausage, smoked pork, bacon or in Bremen with pinkel - a smoked Kaszanka (German: Grützwurst), which is a special type of pork sausage. Because it is so very specific, we have left it out of our recipe (sorry Bremen people). Bring some time with you when you decide to do this recipe. Kale demands your attention and patience. For that it rewards you, because it likes to be warmed up - which saves time later on :-)

Ingredients to serve 4 people

(though two people have been known to manage to eat this amount!)

800 g kale (fresh or frozen)

1 onion

1 thick slice of (Kassler) smoked pork loin (400 g)

1 thick slice of bacon

2 smoked sausages

500 ml vegetable stock

2 tablespoons goose fat

some salt

1 tablespoon of mustard

3 tablespoons oat flakes

1 tablespoon cane sugar

2-3 medium-sized potatoes (precooked and peeled)

Method:

Wash the kale and pluck the leaves from the stalks. The leaves are quite tough, so blanch them first. Put them in plenty of boiling salted water and boil them briefly. In the meantime, pour cold water into a large bowl, add ice cubes and salt the water. Strain the leaves and put them in the ice water. This makes the kale more digestible - and it tastes less bitter.

Cut the onion into thin slices and sauté in goose fat until translucent. The goose fat gives the dish that special touch. Alternatively, you could also use oil. Add the bacon slice and on top of it the blanched kale. Pour half of the stock over it. If you add salt, please be careful - the bacon and later the sausage and pork also add salt. Let everything simmer gently for 45 minutes.

For the sausages to release all their aroma, we prick them with a fork or a stick before we add them to the kale. And there is still room in the pot for the cured pork loin.

Pour in the remaining stock and let the kale simmer for another 20 minutes.

The meat can then take a break: take it out, put it aside.

Season the kale with mustard and some cane sugar, stir well. Then stir in the oat flakes. And let everything simmer for another 20 minutes - until the vegetables are nice and creamy.

Caramelized potatoes go well with it.

Cut boiled potatoes into cubes or slices and fry them crisply in clarified butter. Be sure to use lard, as butter tends to burn - and then all the effort would have been in vain.

Sprinkle cane sugar over it and let it caramelize.

Arrange kale, meat and potatoes. Enjoy!